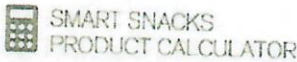


N552e0



Smart Snacks Product Calculator Results

Brand:
TGI Fridays

Product Name:
Cheddar Cheese Fries

Serving Size:
28.35 g

First Ingredient:
Whole Grain Corn Meal

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 110

Calories from Fat NA

Total Fat (g) 3.5

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 160

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

LEADING THE WAY FOR CHILDREN'S HEALTH

FOUNDED BY:



N5560

TGIF CHEDDAR FRIES (SCHOOL DISTRICT)

02/05/2016

INGREDIENT STATEMENT

WHOLE GRAIN CORN MEAL, ENRICHED CORN MEAL, DEHYDRATED POTATOES, SOYA BEAN OIL, MALTODEXTRIN, WHEY, SALT, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), NATURAL & ARTIFICIAL FLAVORS, BUTTERMILK, YEAST EXTRACT, OLEORESIN PAPRIKA, LACTIC ACID, CITRIC ACID, DISODIUM PHOSPHATE, OLEORESIN TURMERIC, CALCIUM CARBONATE

CONTAINS: MILK

NUTRITION FACTS			
Serving Size 1oz			
Servings per container 1			
AMOUNT PER SERVING			
CALORIES	110	CAL FROM FAT	30
		% DAILY VALUES*	
TOTAL FAT		3.5g	5%
		SAT FAT	0.5g 3%
		TRANS FAT	0
CHOLESTEROL		0mg	0%
SODIUM		160mg	6%
POTASSIUM		30mg	1%
TOTAL CARBOHYDRATE		19g	6%
		DIETARY FIBER	1g 4%
		SUGARS	1g
PROTEIN		2g	
VITAMIN A	4%	VITAMIN C	0%
CALCIUM	10%	IRON	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs:			
Calories: 2,000 2,500			
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total carbohydrate		300mg	375mg
Dietary fiber		25g	30g
Calories per gram:			
Fat 9		Carbohydrate 4	Protein 4

Approved by Sandip Parikh 02/16/2016